



Yoga and Sensory Motor Movement Experiences to facilitate motor development:

Yoga is a great way for children to develop strength, motor coordination, balance, focus, and attention. It has benefits in regulating mood, improving behavior, and decreasing anxiety and stress.

- Super stretch app for the Ipad is a kid favorite
- Songs such as Just Be and Colors by Kira Willey (found on itunes/Pandora/amazon music) are calming for many kids. Turning the lights off and having quiet time can be helpful.
- Cosmic Kids Yoga (links below) offer kids some opportunities to participate in yoga activities in a fun and theme based way. There are many different themes, below are a few:
 - <https://www.youtube.com/watch?v=LhYtcadR9nw>
 - <https://www.youtube.com/user/CosmicKidsYoga>
 - <https://www.youtube.com/watch?v=xlg052EKMtk>
- Or create your own yoga sequence with a parent/older sibling with some of these poses.